












May 2007



To A Healthier You

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>May is American Stroke Month:</p> <p>Educate yourself about the preventive effects of fruits and veggies.</p>	<p>Try adding dried plums to your yogurt, diced dried plums to your cereal, muffin, or pancake batter, or serve dried plums with your fruit salad.</p>	<p>Park the car AS FAR AWAY from the entrance as possible.</p>	<p>Bananas are high in potassium. Add sliced bananas to your morning cereals or into smoothies.</p> 	<p>Carry items properly such as book bags, groceries, & picnic baskets to build strength.</p>	<p>Walk or bike to a nearby playground. Challenge family members to try their skills at swinging and crossing a horizontal ladder.</p>
<p>Make <i>Ugli Fruit</i> part of your Fruits & Veggies: More Matters.</p> <p><i>Uglis</i> are easily peeled, and can be eaten like a tangerine.</p>	<p>Take a nature hike.</p> 	<p>Eating strawberries on cereal, as a snack or in a dessert helps us see spring is here.</p>	<p>Make chores YOUR chance to be active.</p> 	<p>Skip the fat-free ranch dressing. Instead, toss your greens with an olive-oil-based dressing like balsamic vinaigrette.</p>	<p>Try a vegetable or fruit that you don't normally buy, and share it with your family</p>  <p><small>Photo © Peggy Greb</small></p>	<p>Dig and plant in the garden . . . help everyone plant their own vegetables, fruits and flowers.</p>
<p>Mother's Day —</p> <p>show Mom how much you appreciate her by making her a colorful fruit salad and taking a leisurely walk through the park!</p>	<p>May 14-18 is Bike to Work Week: Walk, jog, or bike instead of driving to and from work, school, grocery store, library, park.</p>	<p>Have your family vote for their favorite vegetables today.</p>	<p>National Employee Health & Fitness Day—Go up, up and Away with a kite-flying day.</p> 	<p>Use Asian pears as you would with other pears and apples in cobblers and fruit crisps.</p> 	<p>National High Blood Pressure Education Month:</p> <p>Eat Fruits & Veggies at every eating occasion.</p>	<p>Lower the fat in your home-made baked goods. Try using equal amounts of applesauce for fat or oil in a recipe.</p>
<p>Try a healthy alternative — apple crisp or baked apples with cinnamon.</p>	<p>Plan cycling trips on safe trails by calling your local bike shop, bike club or DNR-Biking MI online.</p> 	<p>May is National High Blood Pressure Education Month —Stay physically active, add fruits & veggies to your diet, and cut down on the fat and cholesterol.</p>	<p>With the family play a "hot potato" game with a Frisbee.</p> 	<p>Have a healthy side dish. Replace chips or fries with cup-up veggies and low-fat or non-fat dip; feel fuller & eat fewer calories.</p>	<p>Add a handful of green peas to your salad. Or, fill-up a sandwich bag with fresh sugar snap peas and enjoy a crunchy sweet snack.</p>	<p>Eggplant is a purple vegetable and a good source of fiber. Try grilling slices of eggplant and serving as a side dish at dinner.</p> 
<p>Adopt a highway, park, or beach, and keep it clean.</p> 	<p>Run, jog, and walk on a family treasure hunt.</p>	<p>Take a historical (or architectural) walk or cycling tour.</p>	<p>Nuts can be a healthy addition to any diet. Try sprinkling some chopped pecan over a fresh green salad.</p>	<p>World No Tobacco Day</p> 	<p>Thinking about quitting smoking? Call the MI Tobacco Quit Line today. 1-800-480-QUIT. We can help!</p>	